## STRESS MANAGEMENT

stress - what it is and how to manage it

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#### What is Stress?

Mental

Physical

**Emotional** 

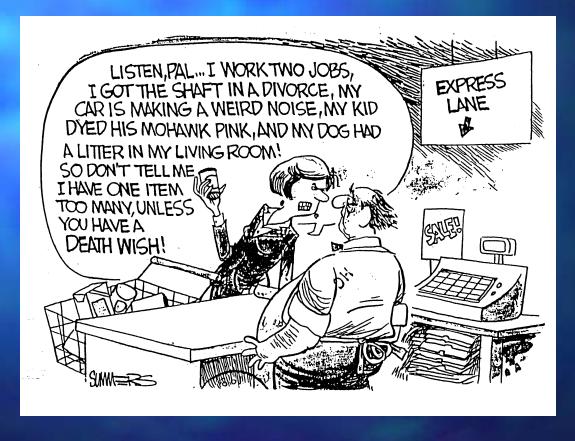
#### Stress is . . .

"the body's response to any demand placed on it.
Whether pleasant or unpleasant."

**Dr. Hans Selye** (the Father of Stress Research)

Fight or Flight

## What causes you stress?



#### Stress is . . .

#### A NORMAL part of life.

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Our problem is not stress but

OVERSTRESS or

too much of the WRONG kind of stress.

#### **Bad Stress**

## when you've reached the limits of your ability to cope . . .

"I feel under a lot of pressure - it's just too much!"

"Everything and everyone bothers me. I don't have any patience anymore."

"I just seem to get into conflicts with everyone."

### **Short Term Responses**

- jittery or butterflies in stomach
- lump in throat
- tightness in chest
- heart pounding
- pain in neck or back
- feel "all wound up"
- racing thoughts
- "fly off the handle" at something minor

## **Major Causes of Stress**

- personal loss
- illness or injury
- job change PCS
- financial problems
- family changes
- upcoming retirement
- CHANGE OF ANY KIND

### Signs of Stress

- anxiety
- bursts of anger
- low frustration tolerance
- tired all the time
- irritability
- forgetfulness
- accident proneness
- not able to relax

## Signs of Stress

- change in eating habits
- change in sleeping patterns
- preoccupied
- difficulty concentrating
- self-doubt
- feelings of worthlessness
- feelings of suspiciousness
- awfulizing telling yourself how awful you feel
- controlling behaviors

## Physical Symptoms of Stress

- migraine or tension headaches
- muscle aches
- tiredness or fatigue
- back pain
- ulcers
- high blood pressure
- skin problems

#### **How to Handle Stress**

- 1. Admit you are stressed
- 2. Identify the CAUSES

Is there anything you can change?
Are there ways in which **YOU** are
being your **OWN Worst Enemy**?

3. Take PROACTIVE steps to manage it

## Twelve Steps to Stress Relief

- 1. Know your **LIMITATIONS** and set realistic goals
- 2. The only person you can change is YOU
- 3. Don't fight IMPOSSIBLE SITUATIONS

"God grant me the Serenity
to accept the things I cannot change,
the Courage to change the things I can,
and the Wisdom to know the

difference."

### Twelve Steps to Stress Relief

- 4. Keep **PERSPECTIVE** 
  - "and this too shall pass"
  - Take one day at a time
  - Find humor in your situation
- 5. Avoid too much CHANGE all at once
- 6. **RESOLVE DIFFERENCES** right away
- 7. REST and RELAX learn to let GQeira, CHC, USN, 04/2

### Twelve Steps to Stress Relief

- 8. Eat **HEALTHY FOOD** watch your diet
- 9. Get plenty of **EXERCISE**
- 10. Share your **FEELINGS**
- 11. Do something you enjoy
- 12. Practice the **RELAXATION RESPONSE**

# How to Handle Negative Thoughts

(realize the power of your mind)

- 1. Say to yourself **STOP!**
- 2. **DIVERT** your attention
- 3. Keep **PERSPECTIVE**
- 4. Say the word **RELAX** 20 times and let your body get heavy

### Other Suggestions

- Use Relaxation Tapes
- Meditate
- Listen to Books while driving
- Listen to soothing music